



Summer 2009

Dear Bike Adventure: Skills & Safety Certificate participants,

We are excited about your cyclist joining us for a new adventure as we explore areas in Santa Barbara by bike. Cyclists will learn the skills needed to pedal out on their own. This clinic is a prerequisite for the Off Road Skills Course which follows.

Please read through all of the information carefully. Should you have any questions, call the Youth Activities office at 564-5495. This number will also allow you to leave a message for Camp Director(s) Edward France or Christine Bourgeois. If you care to speak to an administrator in charge of Bike Adventures, you may ask for Terry Brown, Youth Activities Supervisor. All sessions days start at 9am and end at 12 noon. Session #1 runs from 6/8-6/12, Session #2 runs from 6/22-6/26, and Session #3 runs from 7/6-7/10.

Bike Adventure fee includes: Skills training, supervision of daily scheduled rides and a Safety Certificate from the League of American Bicyclists (www.bikeleague.org). Campers also receive a 1 year student membership in the Santa Barbara Bicycle Coalition www.sbbike.org

Drop Off and Pick up: Cyclists are to be dropped off in the Santa Barbara Junior High back parking lot next to Ortega Park (corner of Ortega and Quarantina). For the cyclists' safety, directors are certified in First Aid, and CPR, and are American Bicyclists Certified Instructors. Never leave the pick up and drop off location without signing your child in and out each day.

Camp Director(s) are to request a picture ID of any adult, parent, or individual who is seeking to release into their custody a registered participant. Directors must receive in advance written permission from a parent authorizing release of their camper to someone not previously included in the Information Forms.

What to Bring to Bike Clinic Each Day:

- An appropriately-sized bike in safe working condition with front and rear brakes. A bike safety checklist is included.
- An appropriately-sized CPSC approved helmet in good condition**
- Strongly recommended: a pack with patch kit, tire levers, and bike pump** (available at Bici Centro or commercial bike shops)
- Snack and water
- Sun screen
- Comfortable riding clothes and close toed shoes: no flip flops or pant legs that can get caught in the chain
- We do not provide beverages or snacks!

Daily Camp Schedule: Please read each day. If you have any questions or your child will be absent, please call the Youth Activities office by 9am at 564-5495. Camp directors carry cellular phones for emergency purposes only. If you need to contact your cyclist, call the Youth Activities office and we will contact the director to call you back.

ALL Days:

9am: Sign in

9:15-10:30am: Drills and Skills

10:40-11:45: Group Ride

12:00 Noon: Students picked up by parents

Day 1: Bike Safety & Rules of the Road for Bike Paths

How to fit a helmet properly

How to maintain a safe bike (ABC quick check, fixing a flat...)

Basic bicycle handling skills: mounting, starting and stopping, balancing with control and steering in a straight line, how to shift properly, riding on the right with traffic flow, passing on the left.

Group Ride: Canon Perdido & Alisos streets to Campus.

Day 2: Road signs, bicycle handling skills, hand signals

Hand signals for stopping and turning

Identifying and knowing the meaning of standard road signs.

Bicycle handling skills: scanning, signaling and turning

Group Ride: Quarantina & Calle Cesar Chavez streets to Beach Path

Day 3: Road signs, driveway, intersections, turns

Exit a driveway in either direction and yield to cross traffic

Proper scanning and signaling, changing position in a lane of travel

Bicycle handling skills: scanning, signaling and turning

Group Ride: Beach Path through the Harbor

Day 4: Road hazards, quick turns, left turns in traffic

The three types of road hazards and the major causes of bike crashes

How to execute emergency stops and quick turns

How to execute a rock dodge maneuver

Review bicycle handling skills for a proper left turn in traffic

Group Ride: road ride with right and left turns and surface hazards.

Day 5: Choose a fun and safe biking route and enjoy the ride!

How to read a biking map of Santa Barbara and plan a safe itinerary

Last minute review, quick bike check...

Participants will demonstrate riding proficiency in traffic and they will receive a Skills and Safety certificate.

Group Ride: Celebration ride!

Meet the Directors:

Hello

My name is **Thomas Matthias**. Originally from Maine, I've become a Santa Barbara native since receiving a master's degree from Pacifica five years ago. I have long been a bicycle enthusiast, riding distances of 80-100 miles on recreational rides. I am a League of American Bicyclists Certified Cycling Instructor and been actively involved as a volunteer at Bici Centro, working to help more people safely get on the bicycle.

Bonjour! My name is **Christine Bourgeois**. I hold a MA in Education and have experience as a French/ESL teacher. This year I became a League of American Bicyclists Cycling Instructor (LCI). Riding a bicycle is my favorite thing to do and I am eager to share my knowledge and passion with groups of young riders.

We look forward to a great summer!

Sincerely,

Terry Brown
Youth Activities Supervisor

Ed Franze
Bici Centro Project Manager